
“Festive Family Thanksgiving Cookbook”

Persimmon Cookies

Serves 18 (2 cookies each), Preparation time 25 minutes, Baking time 12-15 minutes.

1 cup persimmon pulp	1 tsp. baking soda
1 cup sugar	¼ cup stick margarine
1 egg, beaten	1 cup whole wheat flour
1 cup all-purpose flour	½ tsp. cloves
½ tsp. salt	1 tsp. cinnamon
½ cup chopped walnuts	½ tsp. nutmeg
1 cup raisins	

Beat pulp, soda, sugar and margarine until creamy. Add egg. Sift together flours and spices. Add to pulp mixture. Blend well.

Add raisins and walnuts. Drop by teaspoon onto ungreased cookie sheet. Bake at 375° for 12-15 minutes.

Nutrition Facts Per Serving: 178 Calories, 5 g Total Fat, 45 Calories from Fat, 1 g Saturated Fat, 10 mg Cholesterol, 164 mg Sodium.

Nutrition Tip:

“These dessert recipes in this cookbook have been modified to reduce the amount of added sugar and fat. In many dessert recipes the amount of sugar and fat can usually be reduced by 1/3.”
Julie Mortimore, RD

Recipe courtesy of San Bernardino County Cooperative Extension.

